

# Yeast Burger Buns

Homemade light, fluffy and deliciously low Point burger buns

This is my first TRUE success at perfectly sized and shaped burger buns. Unlike 2 ingredient dough, which ends up always tasting like a biscuit, these buns have a great texture, brown beautifully, taste like REAL BREAD and have a soft, light and fluffy interior. I know that a lot of us can buy 1-2 point 'keto' burger buns at our local stores, but not everyone has access to them, so these are a great option. Plus, they are homemade, so you know exactly what is in them... and what's in them is delicious.

## Serving Info:

Yield: 4 buns

Servings: 4

Serving Size: 1 bun



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3-3  
AFTER scooping  
bread out from the  
top bun

To lower the listed Points by 1 point per bun...  
**SCOOP BREAD OUT OF THE TOP BUN!** It lowers them by 1 point.  
- last checked 11/15/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

- 2-1/4 tsp active dry yeast
- 2 tsp granulated sugar (you can't use sweetener)
- 1/2 cup water (**MUST** be between 100-110 degrees)
- 1 cup PLUS 3 Tbsp all purpose flour
- Cooking Spray, flavored (butter, olive oil, whatever you want).
- 1/4 tsp olive, canola or vegetable oil
- 1/4 tsp salt
- 1/4 tsp baking powder
- additional water, as needed (1 tsp at a time)

## Directions:

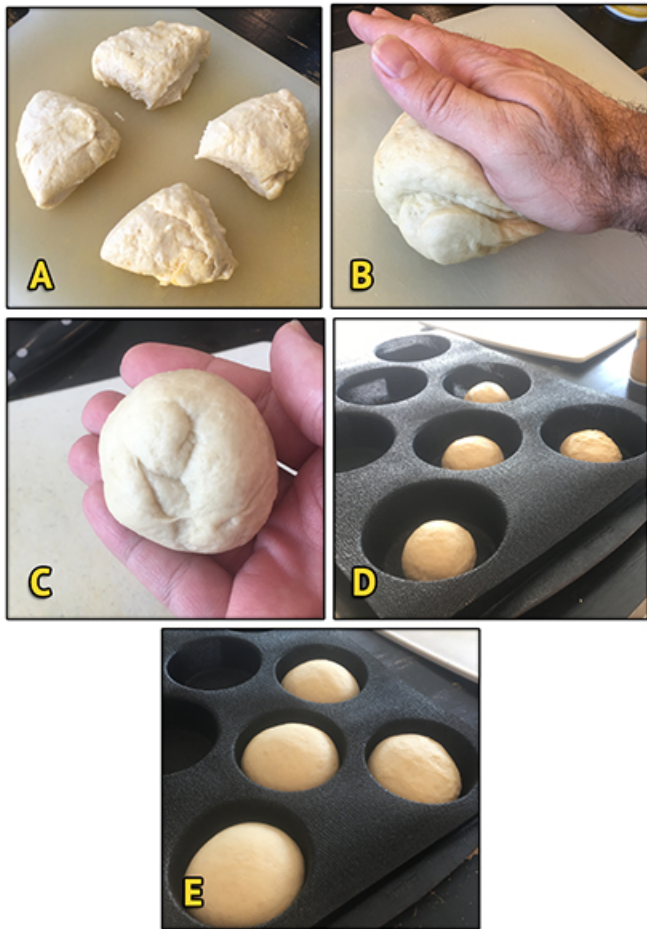


2. While the yeast is rising, Turn on your oven so that it preheats to 425 degrees. While it's heating up and your yeast is 'blooming', add the flour, salt and 1/4 tsp oil to a large mixing bowl. Spray into the bowl for 6 to 8 seconds (0 point amount, per your brand) of cooking spray. Then after the yeast has 'bloomed' for 15 minutes, pour the yeast-liquid into the bowl.



1. Scoop the active dry yeast and sugar into a tall container or cup. I know it sounds food-snoopy, but it's VERY important... stir in 1/2 cup of 100-110 degree water. Use a thermometer if you have one, you need it to be between 100-110 degrees. Stir the water gently till mixed, then allow to sit, untouched, for 15 minutes.

3. Begin mixing the dry and wet ingredients together. The mixture will be a bit wet, but that's ok. Use a rubber spatula to scrape down the sides and continue mixing. It will have the consistency of very thick brownie batter at this point. Just trust me. If it's a little tacky, don't worry about it. Spritz a cutting board with a light mist of cooking spray then scoop the soft dough onto it. The dough will still be pretty wet. It's ok.



#### Notes:

- ***FORGOT TO MENTION!!!:*** I purchased an inexpensive rubber silicone "hamburger bun mold" on Amazon, to use for this recipe. This way, the dough forms, and bakes into a perfect hamburger bun shape. Get one with small perforations all around the cavities. Set the mold on a baking tray to use it.
- If you are allergic to gluten, you can make this recipe with gluten free flour. Bob's Red Mill has a really good Gluten Free '1 to 1 Baking Flour', that's available in many major supermarkets. Make sure to adjust your points, if necessary..
- You can use this recipe as a base and add your own flair to it. Add onions, garlic, cheddar cheese, sesame seeds, etc.
- If you don't have a mold, you can set the dough balls onto a baking pan and let them rise. However, it is a 'loose' dough. It won't take on the perfect shape of a burger bun, but that's ok. You're here to eat, not to make googly eyes at your buns... unless you're into that sorta thing. I won't judge.
- Double this recipe and rather than section it for buns, season the dough and use it for breadsticks. Look online for suggestions for cooking times with similar baked goods.
- ***POINTS!!!:*** If you build this recipe into the recipe builder, it will show the buns as being higher point as what I have listed. Here's why:

***Take your finished buns, which will be 4 points for the first bun, then SCOOP OUT SOME BREAD from the top bun! This will lower the points for 1 bun, from 4 points, to 3. This is all being done to make them a bigger, regular sized bun, while reducing them down from 4 to 3 points.***

4. The dough will be pretty tacky and difficult to form, just spray it with a little cooking spray. It helps a lot. (A) Cut the ball into 4 equal sections, then (B) Gently fold each ball over itself about 15-20 times. (C) Roll the dough into a small ball in your palm. It will still be very very soft, that's what we want. (D) Place the seam side down, in the silicone mold, spray the top with cooking spray, then (E) walk away for 15 minutes. NO TOUCHING!



5. Bake the buns for 12-14 minutes, depending on how golden brown you want them to look. Remove from the oven, then.... trust me on this... put them in a bowl and cover it, or put them in a gallon sized ziplock bag. Let them 'steam', covered, for 5 minutes. It softens them and they take on a pillow softness. Right out of the oven they will have a hard crust, but resting, covered, will soften them up.

